

ABSTRACT OF THE DISCLOSURE

A dual-function exercise device includes lower body exercise device, a frame, and a movable handle assembly. The movable handle assembly includes two
5 independent pulling devices and a rotary shaft journalled on the frame. Each pulling device includes a pulley disposed rotatably on the frame, a pull cord wound on the pulley, a handgrip fastened to an end of the cord and movable to unwind the cord from the pulley, and a biasing unit for biasing the cord to wind around the pulley when the cord is pulled and is subsequently released.